

## Redmond Fit Pass Valid for classes Sep 12 - Dec 31

Sign up for the session for only \$5 per class! Session dates vary per class. No refunds or pro-rates available for missed classes.

- You must bring your punch card to each class - no exceptions.
- A fee of \$10 will be applied for a lost card. Punch cards are nontransferable and nonrefundable. Refunds are not issued for lack of use.
- Session registrants will receive first priority for bikes and spots in classes.
- Some classes may be cancelled due to continual low attendance. Classes with less than 3 people, 5 min after the start time will not run for the day.
- Punch cards will expire at the end of each season.
- Spin counts as 2 punches.

Not all classes are included in Fit Pass. Please check [www.redmond.gov](http://www.redmond.gov) for complete schedule and class descriptions.



### 37900 - Redmond Fit Pass 10 Punch

This is the code to purchase the pass. If you purchase online you need to pick up pass from front desk before you can attend class. Current class schedule is available at [www.redmond.gov](http://www.redmond.gov)

Pass Valid Sep 12-Dec 31

Age: 17+ yrs..... Fee: \$60R/\$72N

### 37906 - Redmond Fit Pass 20 Punch

This is the code to purchase the pass. If you purchase online you need to pick up pass from front desk before you can attend class. Current class schedule is available at [www.redmond.gov](http://www.redmond.gov)

Pass Valid Sep 12-Dec 31

Age: 17+ yrs..... Fee: \$115R/\$138N

### 37907 - Redmond Fit Pass Unlimited

This is the code to purchase the pass. If you purchase online you need to pick up pass from front desk before you can attend class. Current class schedule is available at [www.redmond.gov](http://www.redmond.gov)

Pass Valid Sep 12-Dec 31

Age: 17+ yrs..... Fee: \$200R/\$240N

### 37908 - Redmond Fit Pass Spin Unlimited

This is the code to purchase the pass. If you purchase online you need to pick up pass from front desk before you can attend class. Current class schedule is available at [www.redmond.gov](http://www.redmond.gov)

Punch cards will expire at the end of each season. This is a Spin only pass.

Pass Valid Sep 12-Dec 31

Age: 17+ yrs..... Fee: \$150R/\$180N

Fit Pass classes are identified by this symbol -



## 30/30 Cardio and Strength



This is a Redmond Fit Pass Class. This high-energy class is a total body workout that incorporates hand held weights, resistance bands, body weight, different types of cardio and more! The class will be taught in levels, whether you are a beginner or a serious athlete you will get a good workout. Drop-ins allowed as space permits.

Instr: Jana Dunajska

Loc: Old Redmond Schoolhouse Community Center Auditorium

Age: 17+ yrs..... Fee: \$40R/\$48N

37813 Mon Sep 12-Oct 31 9-10am

Age: 17+ yrs..... Fee: \$30R/\$36N

37814 Mon Nov 7-Dec 12 9-10am

## Ball Class



This is a Redmond Fit Pass Class. Build core strength and body awareness in this hour long class designed to develop flexibility, stamina in every part of your body. Drop-ins allowed as space permits. No class Nov 25.

Instr: Jana Dunajska

Loc: Old Redmond Schoolhouse Community Center Auditorium

Age: 17+ yrs..... Fee: \$40R/\$48N

37883 Fri Sep 9-Oct 28 11am-12pm

Age: 17+ yrs..... Fee: \$30R/\$36N

37884 Fri Nov 4-Dec 16 11am-12pm

## Bollyrobics



This is a Redmond Fit Pass Class. Bollyrobics is an excellent cardiovascular workout, with a fun, cultural twist. Using great music, it fuses traditional Indian dance moves with hip-hop, jazz, modern dance and belly dancing into a dynamic, energetic workout that really burns calories. No dance experience necessary! Drop-ins allowed as space permits.

Instr: Rhythms of India Staff

Loc: Old Redmond Schoolhouse Community Center Room 102

Age: 17+ yrs..... Fee: \$30R/\$36N

37783 Mon Sep 12-Oct 17 5:30-6:25pm

37784 Mon Oct 24-Nov 28 5:30-6:25pm

## Bollywood Dance



This is a Redmond Fit Pass Class. Learn to dance with popular Indian film songs, ranging from the black and white era to the modern Bollywood style. Dances are available for both male and female dancers. Drop-ins allowed as space permits.

Instr: Rhythms of India Staff

Loc: Old Redmond Schoolhouse Community Center Room 102

Age: 17+ yrs..... Fee: \$30R/\$36N

37785 Wed Sep 14-Oct 19 5:30-6:25pm

37786 Wed Oct 26-Nov 30 5:30-6:25pm

## Jana Dunajska



**Certifications:**  
AFAA Certified  
Personal Trainer,  
YMCA Personal  
Trainer, YMCA  
Group Exercise  
Instructor

*Whether your goal is to improve a quality of your life or condition your body for your favorite sport I can help you to achieve it by matching you with a set of exercises you will enjoy. I strongly believe that all of us can lead a healthy lifestyle and have fun at the same time.*

### Core Workout

This is a Redmond Fit Pass Class. Blast your core, increase stability and balance with this 30 minute class focused on strengthening your abdominals, lower back and legs using a variety of equipment and techniques. Drop-ins allowed as space permits. Sign up for 30/30 Cardio Strength, Total Body Conditioning, Step and Strength, or Ball Class and take Core for free!

**Instr:** Jana Dunajska

Loc: Old Redmond Schoolhouse Community Center Auditorium

Age: 17+ yrs..... Fee: \$20R/\$24N

37815 Mon Sep 12-Oct 31 10:15-10:45am

37819 Fri Sep 9-Oct 28 10:15-10:45am

Age: 17+ yrs..... Fee: \$15R/\$18N

37816 Mon Nov 7-Dec 12 10:15-10:45am

37820 Fri Nov 4-Dec 16 10:15-10:45am

Age: 17+ yrs..... Fee: Free (see above)

37817 Mon Sep 12-Oct 31 10:15-10:45am

37818 Mon Nov 7-Dec 12 10:15-10:45am

37821 Fri Sep 9-Oct 28 10:15-10:45am

37822 Fri Nov 4-Dec 16 10:15-10:45am

### Step and Strength

This is a Redmond Fit Pass Class. Great for first time steppers and more advanced too. Low and high-impact movements performed on and off an adjustable step. Intensity is determined by speed, travel patterns and choreography. Different levels so you can work on your own level. Step is followed by a total body workout, core included, and relaxing stretches. Drop-ins allowed as space permits. No class Nov 25.

**Instr:** Jana Dunajska

Loc: Old Redmond Schoolhouse Community Center Auditorium

Age: 17+ yrs..... Fee: \$40R/\$48N

37887 Fri Sep 9-Oct 28 9-10am

Age: 17+ yrs..... Fee: \$30R/\$36N

37888 Fri Nov 4-Dec 16 9-10am

### Total Body Conditioning for Women

This is a Redmond Fit Pass Class. Does your body need toning or shaping? This hour long women only class could give you a new look without the chisel. We will start with aerobic warm up, then move on to exercises for all major muscle groups, including core muscles. Exercise to music, and end with feel-good stretches. Drop-ins allowed as space permits.

**Instr:** Jana Dunajska

Loc: Old Redmond Schoolhouse Community Center Auditorium

Age: 17+ yrs..... Fee: \$40R/\$48N

37885 Mon Sep 12-Oct 31 11am-12pm

Age: 17+ yrs..... Fee: \$30R/\$36N

37886 Mon Nov 7-Dec 12 11am-12pm



### Spin

This Redmond Fit Pass Class counts as 2 punches. Take a ride on our New LeMond RevMaster Pro Spin Bikes! You will be led through a simulated outdoor biking experience where terrain is set by utilizing resistance and cadence for a challenging and motivational experience. Unlimited Spin Pass available! Drop-ins allowed as space permits. 15 minute introduction to spin is available by appt before class. Please email Sarah, smsandquist@redmond.gov to schedule.

Loc: Old Redmond Schoolhouse Community Center Room 103

Age: 17+ yrs..... Fee: \$64R/\$77N

37889 Mon Sep 12-Oct 31 5:30-6:30pm Sharron

37890 Tue Sep 13-Nov 1 12:05-1pm Natalie

37891 Tue Sep 13-Nov 1 9:30-10:30am Natalie

37962 Wed Sep 14-Nov 2 5:30-6:30pm Sharron

37894 Sat Sep 10-Oct 29 10-11am Dawna

37896 Wed Sep 14-Nov 2 6:30-7:30pm Dawna

37897 Fri Sep 9-Oct 28 5:30-6:30am Sharron

37898 Wed Sep 14-Nov 2 5:30-6:30am Sharron

37899 Sat Sep 10-Oct 29 7-8am Sharron

37963 Mon Nov 7-Dec 19 5:30-6:30pm Sharron

37964 Tue Nov 8-Dec 27 12:05-1pm Natalie

37965 Tue Nov 8-Dec 27 9:30-10:30am Natalie

37967 Wed Nov 9-Dec 28 5:30-6:30pm Sharron

37968 Sat Nov 5-Dec 31 10-11am Dawna

37970 Wed Nov 9-Dec 28 6:30-7:30pm Dawna

37971 Fri Nov 4-Dec 30 5:30-6:30am Sharron

37972 Wed Nov 9-Dec 28 5:30-6:30am Sharron

37973 Sat Nov 5-Dec 31 7:00-8am Sharron

### Express/Beginner Spin Class

Loc: Old Redmond Schoolhouse Community Center Room 103

Age: 17+ yrs..... Fee: \$32R/\$39N

37892 Tue Sep 13-Nov 1 9-9:30am Natalie

37966 Tue Nov 8-Dec 27 9-9:30am Natalie



## Blue Sky Outdoor Fitness

Join us for Boot Camp in the Park! Every class is different, fun, and motivating in a supportive, non-competitive environment. Designed to accommodate all levels of fitness, you will be challenged no matter what your level is. We work on cardiovascular endurance, flexibility, and strength training. Bands, weights, medicine balls and other equipment are used for individual and group exercises and partner drills. Price includes before and after assessments. Bring an exercise mat and water. Join any time with on-going registration! **FIRST CLASS FREE!** Register through Redmond Parks and Recreation or directly through instructor with cash or check. For additional information please call instructor Lisa Schrader at 206-406-0809.

Instr: Lisa Schrader

Loc: Perrigo Park Trail

Age: 17+ yrs..... Fee: \$150R/\$180N

37870	Fri, Mon, Wed	Sep 2-28	9:30-10:30am
37871	Mon, Wed, Fri	Oct 3-28	9:30-10:30am
37872	Wed, Fri, Mon	Nov 2-28	9:30-10:30am
37873	Fri, Mon, Wed	Dec 2-30	9:30-10:30am

## Hydrostatic Weighing Truck

### AKA "The Fat Truck"

Hydrostatic analysis is an underwater method of accurately determining a person's body fat to lean tissue. Takes about 10 minutes. Bring swimsuit and towel. The cost for this test is only \$49, retests are only \$35. It will provide you a detailed report. Including;

- A reference table showing where you are and where you could be for setting achievable goals
- Your resting metabolic rate and total caloric burn during specific exercise
- Accurate assessment of your body fat percent and lean mass
- Detailed tracking of previous tests
- DEXA bone density tests also (only \$88 for both tests)
- Pay on site. No pre-registration.

Instr: TBA

Loc: Old Redmond Schoolhouse Community Center Parking Lot

Age: 18+ yrs..... Fee: \$49

Sat Sep 17 7am-1pm

# jazzercise®

## Jazzercise of Redmond and Sammamish

Register before any class. Check out our website at [www.redmondjazz.com](http://www.redmondjazz.com) for additional class info and pricing or call 425-898-1561.

Push your body- find your beat! Each 60-minute Jazzercise class offers a fusion of jazz dance, resistance training, Pilates, yoga and kickboxing movements into easy to follow dance routines. Benefits include increased cardiovascular endurance, strength and flexibility, as well as an overall feel good factor.

Loc: Old Redmond Schoolhouse Community Center Gym or Auditorium

Age: 13+ yrs

Mon-Fri	9:30-10:30am*	Ongoing
Mon, Tue, Thu	5:30-7:30pm	Ongoing
Mon, Wed, Fri	6-7am	Ongoing
Mon, Wed, Fri	8-9am*	Ongoing
Saturday	8:30-9:30am	Ongoing

\*Childcare available -\$2 per child in the 8am & 9:30am

Loc: Pine Lake Community Center, Sammamish Schedule

Mon & Fri	9:30-10:30am	Ongoing
Wed	8-9am	Ongoing

## Jazzercise Personal Touch

A unique approach to personal training in a small group setting with your instructor, Personal Touch is designed to increase your muscle tone and fitness level by focusing on varying muscle groups and techniques designed to help you achieve maximum results. First class is free. \$120 plus tax for 8 class session or \$20 plus tax walk in per class.

Location: Old Redmond Schoolhouse Community Center Gym or Auditorium

Age: 13+ yrs

Mon, Tue, Wed, Thu	8:35-9:15AM*
Sat	7:35-8:15 AM

\*Childcare available -\$2 per child in the 8am & 9:30am

## RSC-Laugh-It's Good Exercise

Have fun and benefit your whole body - physically, mentally, emotionally. This program (sometimes called Laughter Yoga) is a combination of fun, playful laughter exercises and deep breathing exercises and is a great way to reduce stress. Boost your immune system. Increase oxygen to body and brain. Promote relaxation. Laughter is a fun, healthy cardio exercise. Drop in fee \$3.

Instr: Marilyn Fogelquist

Loc: Senior Center Room 103

Age: 18+ yrs..... Fee: \$10R/\$12N

37840	Mon	Sep 12-Oct 3	1:30-2:30pm
37841	Mon	Oct 10-Oct 31	1:30-2:30pm
37842	Mon	Nov 7-28	1:30-2:30pm
37843	Mon	Dec 5-19	1:30-2:30pm



## RSC-NIA Technique

In Swahili, Nia means with purpose; it also stands for Neuromuscular Integrative Action. It is an expressive fitness program that teaches a holistic approach to health. By blending movement, free expression, some elements of dance, T'ai Chi, Yoga, and other forms of movement, you can get an incredible workout! NIA movements are designed to work in a range of motion making your joints feel free and relaxed. This class is very popular and fun! Drop in fee \$8.

Instr: Veronica Connolly-Bagshaw

Loc: Senior Center Multipurpose Room

Age: 18+ yrs..... Fee: \$42S/\$42R/\$50N

34897	Tue, Thu	Sep 6-29	6-7pm
34898	Tue, Thu	Oct 4-27	6-7pm
34899	Tue, Thu	Nov 1-29	6-7pm

Age: 18+ yrs..... Fee: \$27S/\$27R/\$32N

34900	Thu, Tue	Dec 1-15	6-7pm
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## RSC-Senior Advanced Strength Training with Jody

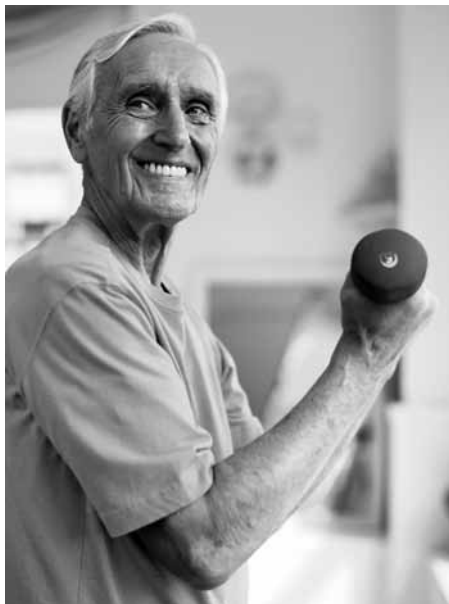
Now is your chance to get individual fitness coaching from our great fitness instructor, Jody Martin. This small class is designed to challenge, strengthen, sculpt and increase lean muscle tone. Learn new techniques using weights, bands, tubing and body balls. It will feel like you have a personal trainer in this small group setting which incorporates a circuit-training format. Come join the fun, get lots of individual attention, and build a stronger body! Please bring an exercise mat and water bottle. Eight sessions each month, maximum class size 10.

*Instr: Jody Martin*

Loc: Senior Center Multipurpose Room

Age: 18+ yrs..... Fee: \$51S/\$51R/\$61N

38166	Tue,Thu	Sep 6-29	8-8:45am
38167	Tue,Thu	Oct 4-27	8-8:45am
38168	Tue,Thu	Nov 1-29	8-8:45am
38170	Thu,Tue	Dec 1-20	8-8:45am



## RSC-Senior Cardio

Designed to improve your agility and cardio-respiratory endurance through the use of low impact and easy dance movements. Set to upbeat music, this class is sure to be lots of fun! Offered for ages 50+. Fee is based on the number of opportunities to exercise each month. Please bring an exercise mat and a water bottle.

*Instr: Jody Martin*

Loc: Senior Center Multipurpose Room

Age: 50+ yrs ..... Fee: \$23

34869 Mon,Wed Sep 7-26 10:15-11am

Age: 50+ yrs ..... Fee: \$34

34870 Mon,Wed Oct 3-31 10:15-11am

Age: 50+ yrs ..... Fee: \$30

34871 Mon,Wed Nov 2-30 10:15-11am

Age: 50+ yrs ..... Fee: \$13

34872 Mon,Wed Dec 5-12 10:15-11am

## RSC-Senior Strength

Designed to improve your balance, strength and muscle tone. With the use of a chair, light weights and tubing, you will learn specific exercises to work all the major muscle groups in your body. Offered for ages 50+. Fee is based on the monthly number of opportunities to exercise. Please wear comfortable clothing and bring a water bottle. Register early. This class does fill up quickly!

*Instr: Jody Martin*

Loc: Senior Center Multipurpose Room

Age: 50+ yrs ..... Fee: \$29

34885 Tue,Thu Sep 1-29 9-9:45am

Age: 50+ yrs ..... Fee: \$26

34886 Tue,Thu Oct 4-27 9-9:45am

Age: 50+ yrs ..... Fee: \$23

34887 Tue,Thu Nov 1-29 9-9:45am

Age: 50+ yrs ..... Fee: \$14

34888 Tue,Thu Dec 1-13 9-9:45am

## RSC-T'ai Chi Chuan - Beginning

Learn the slow and graceful movements of T'ai Chi Chuan. Our instructor, Stefanie Russell, teaches traditional Yang Family T'ai Chi Chuan, the most commonly practiced style throughout the world today. Daily practice of T'ai Chi Chuan ultimately leads one to self-development, self-healing and harmony with the universe. Benefits include improved strength, coordination, posture, concentration and general energy level. T'ai Chi also aids in memory enhancement, improves breathing and relieves stress.

*Instr: Stefanie Russell*

Loc: Senior Center Room 109

Age: 18+ yrs..... Fee: \$42S/\$42R/\$48N

34771 Thu Sep 8-29 11:15am-12:15pm

34772 Thu Oct 6-27 11:15am-12:15pm

Age: 18+ yrs..... Fee: \$47S/\$47R/\$56N

34773 Thu Nov 3-Dec 8 11:15am-12:15pm



## RSC-T'ai Chi Chuan - ongoing

For student that have completed the introductory series and wish to continue to practice together. Instructor permission required.

*Instr: Stefanie Russell*

Loc: Senior Center Multipurpose Room

Age: 18+ yrs..... Fee: \$32S/\$32R/\$36N

34793 Thu Sep 8-29 10:15-11:15am

Age: 18+ yrs..... Fee: \$42S/\$42R/\$48N

34794 Thu Oct 6-27 10:15-11:15am

Age: 18+ yrs..... Fee: \$47S/\$47R/\$56N

34795 Thu Nov 3-Dec 8 10:15-11:15am

# TRX<sup>®</sup> Suspension Training

Suspension Training<sup>®</sup> is an exercise modality that builds full-body power, strength, balance, flexibility and mobility. This system also stabilizes and strengthens your core with each and every exercise! Using your own body weight as leverage, the exercises allow your muscles to work together in groups providing a safe low impact full body workout. This training is now being incorporated in high performance sports training within in the NFL, NBA, MLB and NHL.

For class times and information, see page 35.



## RSC-Walk with Ease Program, Arthritis Foundation

Whether you don't know how to get started or you can't find the time, Walk with Ease can help you take the first step toward making exercise a habit. The Walk with Ease program:

- helps you develop a walking plan that meets your particular needs,
- helps you stay motivated, helps you manage your pain, and
- teaches you to exercise safely.

It is an important part of helping keep your muscles strong and your joints stable. Walk with Ease will help boost your energy, reduce your stress and control your weight.

The Walk with Ease materials are based on programs which have been successfully implemented in research settings and have resulted in such benefits as increased physical activity, increased walking distance and speed, decreased pain and decreased depression.

Co-Sponsored by the Arthritis Foundation

Instr: Senior Center Staff

Loc: Senior Center Room 107

Age: 50+ yrs.....Fee: \$12

38161 Mon, Wed, Fri Sep-Oct 21 10:30-11:30am

## Bill Burns



At 46, I changed my career focus from the software industry to the fitness industry. This change began when I was diagnosed with severe narcolepsy. I discovered when I exercised, my narcolepsy symptoms would recede. As a personal trainer, I have the opportunity to not only help myself but to help others take back control of their lives.

## Mobility, Strength and Balance Training • NEW!

This class is designed to improve your mobility, strength and balance using the TRX Suspension Training System. You'll learn how to use your own bodyweight as the resistance used in your strength training. You will work on improving your balance in a safe and well supported environment. We will custom fit a variety of mobility exercises that will take into account how you move and the things you do on a daily basis. Best of all, you are in complete control of the exercise intensity throughout the entire session. Keep in mind that the work you do in this class (and beyond) can decrease your risk of falling thus reducing your risk of osteoporosis-related fractures. To get the most out of this class, please wear comfortable clothes, wear supportive shoes, bring a mat and bring a water bottle.

Instr: Bill Burns

Loc: Anderson Park Adair House

Age: 17+ yrs.....Fee: \$33R/\$40N

37995 Fri, Wed Sep 2-30 12-12:45pm

Age: 17+ yrs.....Fee: \$30R/\$36N

37996 Wed, Fri Oct 5-28 12-12:45pm

37998 Fri, Wed Dec 2-30 12-12:45pm

Age: 17+ yrs.....Fee: \$27R/\$32N

37997 Wed, Fri Nov 2-30 12-12:45pm

## TRX Suspension Training • NEW!

This class will be taught by a Personal Trainer that is a certified TRX Suspension Instructor. Please wear appropriate athletic clothes and athletic supportive shoes and bring a mat and a water bottle.

Instr: Bill Burns

Loc: Anderson Park Adair House

Age: 17+ yrs.....Fee: \$40R/\$48N

37974 Wed, Mon Sep 7-28 6-7pm

37977 Mon, Wed Dec 5-28 6-7pm

Age: 17+ yrs.....Fee: \$50R/\$60N

37987 Thu, Tue Sep 1-29 7-8am

37975 Mon, Wed Oct 3-31 6-7pm

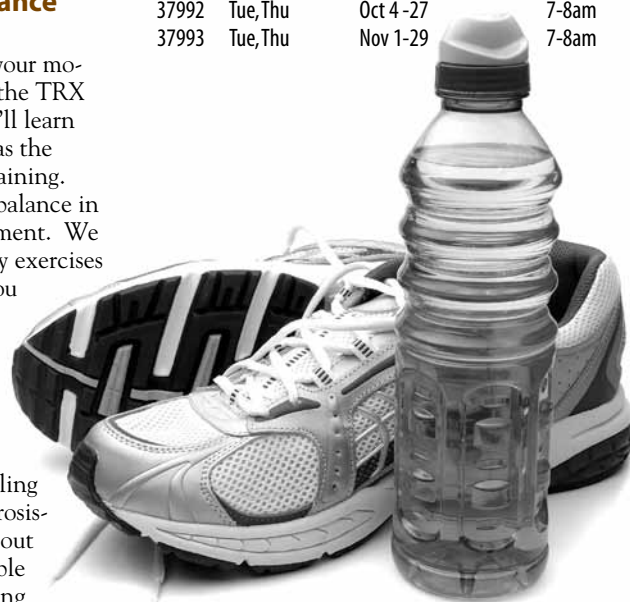
37976 Wed, Mon Nov 2-30 6-7pm

37994 Thu, Tue Dec 1-29 7-8am

Age: 17+ yrs.....Fee: \$45R/\$54N

37992 Tue, Thu Oct 4-27 7-8am

37993 Tue, Thu Nov 1-29 7-8am



## HOW TO READ CLASS INFORMATION

**Adult Trail Ride** *Class name* *Description*

This program is designed for the recently experienced adult horsemen. The trail ride through the forest at Farrel-McWhirter is unique and invigorating.

Loc: Farrel-McWhirter Park Barn *Location*

Age: 18+ yrs.....Fee: \$35S/\$35R/\$42N

*Senior Fee* *Resident Fee* *Non-Resident Fee*

30569 Fri Apr 23 4:10-5:30pm

*Class #* *Class Days* *Date* *Class Time*



## Zumba

ZUMBA® is a great cardiovascular workout set to dynamic Latin rhythms with easy to follow moves from Latin dances including Merengue, Bollywood, Salsa and more. Great for beginners and those wanting to go at a slower pace. Teresa focuses on the dance movements and makes sure everyone learns the steps. Classes at the Sr. Center are open to all adults. Please wear comfortable loose clothing, sneakers and bring water.

Instr: Teresa Osborn

Loc: Senior Center Multipurpose Room (SC) & Senior Center Multipurpose Room (ORSCC)

Age: 18+ yrs..... Fee: \$20S/\$20R/\$24N

38037	Tue	Sep 6-27	10:50-11:50am	SC
38038	Tue	Oct 4-25	10:50-11:50am	SC
38039	Wed	Sep 7-28	5:30-6:30pm	ORSCC
38040	Wed	Oct 5-26	5:30-6:30pm	ORSCC
38041	Fri	Sep 9-30	11:30am-12:30pm	SC

Age: 18+ yrs..... Fee: \$15S/\$15R/\$18N

38042	Fri	Oct 7-28	11:30am-12:30pm	SC
38043	Mon	Sep 12-26	5:30-6:30pm	SC

Age: 18+ yrs..... Fee: \$25S/\$25R/\$30N

38044	Mon	Oct 3-31	5:30-6:30pm	SC
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Age: 18+ yrs..... Fee: \$10S/\$10R/\$12N

38045	Mon	Dec 5-12	5:30-6:30pm	SC
38046	Tue	Dec 6-13	10:50-11:50am	SC
38047	Wed	Dec 7-14	5:30-6:30pm	ORSCC

## Zumba Fitness

ZUMBA® fitness is a Latin-inspired dance aerobics class using intervals and body weight resistance to burn fat and sculpt your body. It's the ultimate dance party spiced up with fast and slow rhythms from Latin and international music. Previous Zumba experience is encouraged but not required. \$5 Drop-ins allowed as space permits.

Instr: Jamie Lynn Segura

Loc: Old Redmond Schoolhouse Community Center Auditorium

Age: 17+ yrs..... Fee: \$30R/\$36N

37787	Thu	Sep 8-Oct 13	7-8pm
37788	Tue	Sep 6-Oct 11	7-8pm

Age: 17+ yrs..... Fee: \$60R/\$72N

37789	Tue	Oct 18-Jan 3	7-8pm
37790	Thu	Oct 20-Jan 12	7-8pm

## RSC-Zumba Gold

ZUMBA® Gold class is designed for active older adults, anyone who has not been exercising lately or individuals who may be limited physically. Taught at a lower intensity, the class lasts about 40 minutes and includes a warm up and cool down. It is just as much fun just not as fast; and utilizes the same great Latin music and dances as other Zumba classes.

Instr: Teresa Osborn

Loc: Senior Center Multipurpose Room

Age: 18+ yrs..... Fee: \$20S/\$20R/\$24N

38061	Tue	Sep 6-27	10-10:45am
38062	Tue	Oct 4-25	10-10:45am

Age: 18+ yrs..... Fee: \$10S/\$10R/\$12N

38063	Tue	Dec 6-13	10-10:45am
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## Enso Center

Enso Center is a non-profit international arts organization offering quality instruction in martial arts, fine arts, archery and other cultural classes. In addition, we offer healing therapies such as acupuncture, massage and homeopathy. Our martial arts programs focus on the health of the person as a whole, encouraging proper body movement and a body-mind connection. All classes are taught in a safe, positive environment by highly skilled, black belt level instructors, passionate about sharing their art with others. People of all fitness and skill levels are welcome. Enso Center, 8708 196th Ave NE, Redmond, WA 98053, 425-869-0276, [www.ensocenter.org](http://www.ensocenter.org)

## Martial Arts - Hapkido Introduction

Hapkido (harmony energy way) is a complete martial arts system that includes empty hand, kicking, and wooden sword/staff practice, an excellent art for self defense. This beginners class is designed to introduce you to the art in a non-competitive, safe environment, with and without partners. Benefits include increased physical fitness, flexibility, strength and balance, improved confidence, and a more peaceful mind.

Loc: ENSO Center ENSO Center Studio

Age: 6+ yrs..... Fee: \$65R/\$78N

37668	Thu,Tue	Sep 1-29	5:30-6:45pm
37669	Tue,Thu	Oct 4-27	5:30-6:45pm
37670	Tue,Thu	Nov 1-29	5:30-6:45pm
37671	Thu,Tue	Dec 1-29	5:30-6:45pm

## Martial Arts - TaeKwonDo

Taekwondo, foot-hand way, practices kicking and empty hand techniques. Flexibility, strength, balance, and self confidence are all improved through this practice. We welcome people of all ages - 6 through adult, families encouraged. Taught by qualified black belt instructors, with a focus on health of the body and mind, mutual respect and an enjoyable workout!

Loc: ENSO Center ENSO Center Studio

Age: 6+ yrs..... Fee: \$65R/\$78N

37689	Wed, Mon	Sep 7-28	4-5pm
37690	Mon, Wed	Oct 3-31	4-5pm
37691	Wed, Mon	Nov 2-30	4-5pm
37692	Mon, Wed	Dec 5-28	4-5pm
37693	Thu, Tue	Sep 1-29	4-5pm
37694	Tue, Thu	Oct 4-27	4-5pm
37695	Tue, Thu	Nov 1-29	4-5pm
37696	Thu, Tue	Dec 1-29	4-5pm



## Tai Chi

Class focuses on health of the whole person with a series of relaxed breathing and strengthening exercise (Chi Kung). We practice a pattern slowly, with emphasis on healthy joints and movement, with a strong, relaxed body and mind. Tai Chi is practiced for balance, strengthening and stretching the body, increasing energy (chi) flow, and calming the mind. People of all levels and physical abilities. We practice Chinese Yang style forms and Korean Kwon Bup forms.

Loc: ENSO Center ENSO Center Studio

Age: 12+ yrs..... Fee: \$70R/\$84N

37697	Fri	Sep 1-29	11am-12pm
	Thu, Tue	Sep 1-29	7-8:15pm
37698	Fri	Oct 4-27	11am-12pm
	Tue, Thu	Oct 4-27	7-8:15pm
37699	Fri	Nov 1-29	11am-12pm
	Tue, Thu	Nov 1-29	7-8:15pm
37700	Fri	Dec 1-29	11am-12pm
	Thu, Tue	Dec 1-29	7-8:15pm



## Z-Ultimate Self Defense



We will help your child become a strong, able, and productive member of society armed with character, strong self-discipline and a healthy self-image. With our safe and friendly environment your child will gain flexibility, increased physical fitness, strength, and balance.

### Martial Arts Kempo Little Dragons

Little Dragons

Instr: Z-Ultimate Self Defense Studios Staff

Loc: Z-Ultimate Self Defense Studios Studio

Age: 7-10 yrs ..... Fee: \$50R/\$60N

37629	Mon, Wed	Sep 5-28	5-5:45pm
37630	Mon, Wed	Oct 3-26	5-5:45pm
37631	Wed, Mon	Nov 2-30	5-5:45pm
37632	Mon, Wed	Dec 5-28	5-5:45pm

### Martial Arts Kempo Tiny Tigers

Tiny Tigers

Instr: Z-Ultimate Self Defense Studios Staff

Loc: Z-Ultimate Self Defense Studios Studio

Age: 4-6 yrs ..... Fee: \$50R/\$60N

37633	Mon, Wed	Sep 5-28	5-5:45pm
37634	Mon, Wed	Oct 3-26	5-5:45pm
37635	Wed, Mon	Nov 2-30	5-5:45pm
37636	Mon, Wed	Dec 5-30	5-5:45pm

### Intro to Kempo Young Adults

We work hard to make your child's first experience with the Martial Arts a safe and productive one. Young people must have personal goals and a caring support system to make their dreams a reality. We help your child become a strong, able, and productive member of society armed with character, strong self-discipline and a healthy self-image.

Instr: Z-Ultimate Self Defense Studios Staff

Loc: Z-Ultimate Self Defense Studios Studio

Age: 8-15 yrs ..... Fee: \$50R/\$60N

37625	Mon, Wed	Sep 5-28	6-7pm
37626	Mon, Wed	Oct 3-26	6-7pm
37627	Wed, Mon	Nov 2-30	6-7pm
37628	Mon, Wed	Dec 5-28	6-7pm

### Intro to Kempo Beginning Adults

We tailor the art to the individual. Men and women of all ages can benefit from the versatility of Shaolin Kempo. A discipline, sport, art, and way of life, the martial arts offer the adult student many unique benefits. You may be a professional looking for that added mental edge in business, or someone who just wants to feel stronger and be more energetic.

Instr: Z-Ultimate Self Defense Studios Staff

Loc: Z-Ultimate Self Defense Studios Studio

Age: 16+ yrs ..... Fee: \$60R/\$72N

37621	Fri, Mon, Wed	Sep 9-28	7-8pm
37622	Mon, Wed, Fri	Oct 3-28	7-8pm
37623	Wed, Fri, Mon	Nov 2-30	7-8pm
37624	Fri, Mon, Wed	Dec 2-30	7-8pm

## WA Karate ASSN

Washington Karate Association teaches the traditional style of Japanese Karate known as Hayashi-Ha Shito-Ryu, one of the strongest systems of Karate. The instructors are international champions and current USA Karate Team members. Classes are taught at the Washington Karate Association, a nationally and internationally recognized school for over 40 years. The Bellevue Dojo is located at 14906 Bel-Red Rd, 425-641-8123.

### Kinder Karate

Introduce your young child to the martial art of karate. This program teaches basic directional skill and coordination while incorporating the etiquette and terminology of this Japanese art. Students learn basic punches, kicks, blocks and stances in the form of structured drills and games, as well as developing strength, coordination, flexibility and balance. Please have your child wear loose, comfortable clothing.

Loc: Washington Karate Association Studio

Age: 3-6 yrs ..... Fee: \$220R/\$260N

37823	Sat	Sep 10-Nov 19	10am-10:45am
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## Yoga

### Dana Hein-Skaggs



For more than 25 years, Dana Hein-Skaggs has been passionately guiding and nurturing children. Dana is a certified yoga instructor, and has completed her 200hr teacher training through the Samarya Center in Seattle. When Dana is not teaching classes, she is taking adults and families on outdoor yoga adventures in various locations around the state.

### Kid Yoga

This yoga class is full of fun and creativity. Through guided activities and cooperative games, your child will stretch and strengthen their way to improved fitness, expanded sense of self-awareness and increased self-confidence. Please wear comfortably fitting clothing and bring a bottle of water.

Instr: Dana Hein-Skaggs

Loc: Anderson Park Fullard House

Age: 3-5 yrs ..... Fee: \$60R/\$72N

37764	Wed	Sep 7-28	2:30-3:30pm
37765	Wed	Oct 5-26	2:30-3:30pm
37766	Wed	Nov 2-23	2:30-3:30pm
37767	Wed	Nov 30-Dec 21	2:30-3:30pm

Age: 6-10 yrs ..... Fee: \$60R/\$72N

37768	Wed	Sep 7-28	3:30-4:30pm
37769	Wed	Oct 5-26	3:30-4:30pm
37770	Wed	Nov 2-23	3:30-4:30pm
37771	Wed	Nov 30-Dec 21	3:30-4:30pm

## Kid Yoga Fun and Fit

From jumping bean wiggles & giggles to stillness and calm, this class offers the best of both worlds! It combines fun, fast pace cardio exercises and games with the flexibility, balance and focus of yoga. Besides having a lot of fun, kids will come away feeling empowered! They are sure to gain confidence and develop self-esteem. This is a "can do" kind of experience! No class Nov 26.

Instr: Dana Hein-Skaggs

Loc: Anderson Park Fullard House

Age: 3-6 yrs ..... Fee: \$60R/\$72N

37772	Fri	Sep 9-30	11am-12pm
37773	Fri	Oct 14-Nov 4	11am-12pm
37774	Fri	Nov 18-Dec 16	11am-12pm
37775	Wed	Sep 7-28	10-11am
37776	Wed	Oct 5-26	10-11am
37777	Wed	Nov 2-23	10-11am
37778	Wed	Nov 30-Dec 21	10-11am



## Kid Yoga Fun Club (KYFC) • NEW!

In this very exciting class, your children will delight in the process of investigating the connection between yoga and the amazing wonders of Mother Nature! Among our many sustainable-living projects, we will have time for related arts and crafts, educational games, creative journaling and, of course, fun yoga poses! Kids learn they CAN make a difference helping to conserve and protect wild areas in their communities! Hands-on experiences will empower, teach self-reliance and build confidence in them!

Instr: Dana Hein-Skaggs

Loc: Anderson Park Fullard House

Age: 6-10 yrs ..... Fee: \$70R/\$84N

37779	Wed	Sep 7-28	4:30-5:30pm
37780	Wed	Oct 5-26	4:30-5:30pm
37781	Wed	Nov 2-23	4:30-5:30pm
37782	Wed	Nov 30-Dec 21	4:30-5:30pm

## Allison Whiteley



*Allison has over 10 years experience practicing and teaching yoga, has completed her 200 hour level certification and is working towards the 500 certification program.*

## Beginning Yoga

This is the perfect class for beginners and those with limited experience. A regular yoga practice provides amazing benefits for the body, mind and spirit. Stress relief, improved balance and flexibility and a sense of peace and joy are just a few of the benefits to experience. Yoga equips us with the tools needed to live our lives joyfully. Sticky mat and 8 foot strap required.

Instr: Allison Whiteley

Loc: Anderson Park Fullard House

Age: 17+ yrs ..... Fee: \$72R/\$87N

37878	Mon	Sep 26-Oct 31	5:15-6:45pm
37879	Mon	Nov 7-Dec 12	5:15-6:45pm

## Free Introduction to Yoga Class

Come join us for this fun introduction to yoga. You will learn about the goals and benefits of yoga and try a few gentle poses with individualized attention. Bring a mat, pad, or blanket and any questions you may have.

Instr: Allison Whiteley

Loc: Anderson Park Fullard House

Age: 17+ yrs ..... Fee: Free

37882	Mon	Sep 12	5:15-6:45pm
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## Intermediate Yoga

This class emphasizes refinement of basic poses. We will continue to explore inversions, backbends, forward bends and twists. Students must have completed the Beginning Yoga class or have 6 months experience. Sticky mat, 8 foot strap and 2 shoulder stand pads required.

Instr: Allison Whiteley

Loc: Anderson Park Fullard House

Age: 17+ yrs ..... Fee: \$84R/\$101N

37880	Mon	Sep 12-Oct 24	7-8:30pm
Age: 17+ yrs			Fee: \$72R/\$87N

37881	Mon	Nov 7-Dec 12	7-8:30pm
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## RSC-Hatha Yoga

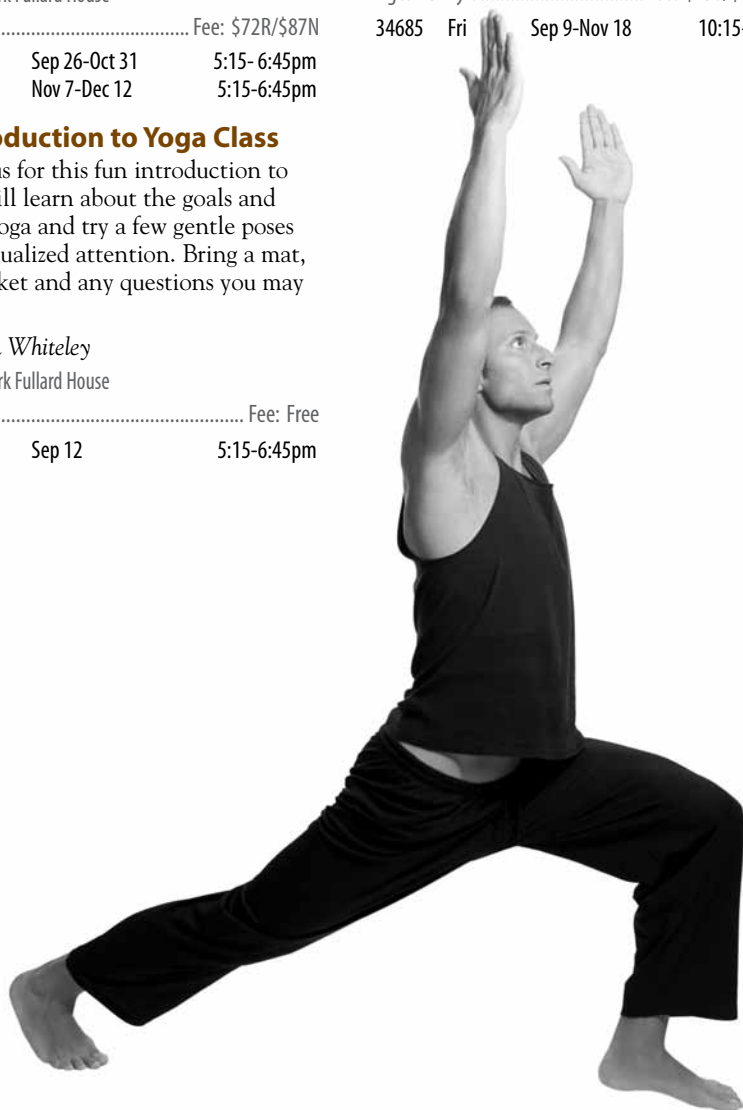
Discover how to increase flexibility, improve balance and circulation, relieve stress and relax! Learn proper breathing, stretching, body awareness, and better posture through yoga. These exercises will help you increase muscle tone and feel great!

Instr: Diana Piermattei

Loc: Senior Center Multipurpose Room

Age: 18+ yrs ..... Fee: \$45S/\$45R/\$51N

34685	Fri	Sep 9-Nov 18	10:15-11:15am
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### RSC-Healing Moves - Yoga for Every Body (formerly Yoga - Forrest)

Improve your health and handle stress more effectively. Increase balance, flexibility and core strength while improving posture, sleep, breathing and the ability to relax. In this Forrest-style Hatha Yoga class you'll receive personalized instruction, structured breathing exercises and guided deep relaxation, to help you get strong and centered, both on and off the yoga mat. No yoga experience necessary. Bring a yoga mat, strap and yoga block (a set is available for loan for your free first class). Light, or no eating within two hours of class.

*Instr: Veronica Connolly-Bagshaw*

Loc: Senior Center Room 111

Age: 18+ yrs.....Fee: \$42S/\$42R/\$50N

34817 Thu Sep 8-29 7:30-8:45pm

34818 Thu Oct 6-27 7:30-8:45pm

Age: 18+ yrs.....Fee: \$32S/\$32R/\$38N

34819 Thu Nov 3-17 7:30-8:45pm

34820 Thu Dec 1-15 7:30-8:45pm

### RSC-Yoga for Full-Figures

Join us for a unique yoga class designed for those with fuller figures. Don't let your size keep you from experiencing the life enhancing gifts of a consistent yoga program. Viniyoga meets you where you are through the use of modifications and adaptations of poses. It emphasizes linking breath and movement, with a focus on the restorative effects, allowing you to experience the rewards of yoga. Bring a yoga mat or blanket to class; and it's best on an empty stomach.

*Instr: Kim Carter*

Loc: Senior Center Room 111

Age: 18+ yrs.....Fee: \$50S/\$50R/\$60N

34805 Tue Sep 6-27 6:30-8pm

34806 Tue Oct 4-25 6:30-8pm

Age: 18+ yrs.....Fee: \$38S/\$38R/\$45N

34807 Tue Nov 1-15 6:30-8pm

34808 Tue Nov 29-Dec 13 6:30-8pm



### RSC-Yoga from your Chair

If you are interested in yoga but don't have the mobility to get onto the floor, this is the class for you. Based on Hatha Yoga you will increase your flexibility and circulation, improve respiration, and expand your awareness of body, mind and spirit. In only 45 minutes you will enjoy the benefits of a yoga workout that includes: upper body alignment and stretches; leg and ankle flexing; head, face and neck stretches; deep breathing; and a focus on relaxation.

*Instr: Diana Piermattei*

Loc: Senior Center Room 111

Age: 50+ yrs.....Fee: \$32S/\$32R/\$38N

34688 Fri Sep 9-Oct 28 9:15-10am

### Kiderobics

This highly energized dance-like, physical fitness class combines rhythmic aerobic exercise with stretching and strength routines promoting all elements of fitness. Don't be surprised if there is a little Kid Yoga thrown in the mix for flexibility and muscular strength. Performed to fun, upbeat music, it makes you want to get down to warm up and let go to cool down!

*Instr: Dana Hein-Skaggs*

Loc: Old Redmond Schoolhouse Community Center Room 107

Age: 3-6 yrs.....Fee: \$60R/\$72N

37751 Mon Sep 12-Oct 3 10-11am

37752 Mon Oct 10-31 10-11am

37753 Mon Nov 7-28 10-11am

37754 Wed Sep 7-28 11am-12pm

37755 Wed Oct 5-26 11am-12pm

37756 Wed Nov 2-23 11am-12pm

37757 Wed Nov 30-Dec 21 11am-12pm

### Girls on the Run

To register, go to [www.girlsrun.org](http://www.girlsrun.org) or call 206-528-2118. Priority registration is given to new or one time participants. Girls on the Run is a fun and empowering fitness program for girls ages 8-11 that combines training for a 5k (3.1 mile) run/walk event with self esteem enhancing and uplifting activities and workouts. Class is led by a team of trained female co-coaches that guide and mentor girls through the program. Topics include: body image and the media, dangers of drugs, alcohol and tobacco, making healthy decisions, positive communication, cooperation and team building, and contributing to the community. Participants receive a t-shirt, daily snack, water bottle, and race-entry fee. Space is limited to 15 girls. No class on November 22 and 24.

*Instr: TBA*

Loc: Old Redmond Schoolhouse Community Center Rm 103-107

Age: 8-11 yrs.....Fee: \$150R

Tue, Thu Sep 27-Dec 6 3:30-5pm

Tue, Thu Sep 27-Dec 6 3:30-5pm

